



ATHLETES
UNLIMITED
NEWTON



Ruthanne Fuller, Mayor
Nicole Banks, Commissioner Parks, Recreation & Culture



Mark Kelly, Special Needs Director
Miranda Morse, Special Needs Recreation Program Manager

Newton Parks, Recreation & Culture • 246 Dudley Road, Newton MA 02459 • 617-796-1527

Spring into Action with Athletes Unlimited

After an amazing winter season of sports, recreation and events, spring fever is ready to take hold and bloom. Our spring essentials include yoga, zumba, bowling, baseball, soccer, track, weight training, swim team, crafting, tennis and theatre. In April, we are super excited to host our first ever pajamas and pancakes dance. In May, our Athletes Unlimited Black & Gold Gala will be the talk of the town. In June, our Spring Carnival will be filled with happiness, games and community spirit.

Of course, none of the above programming is possible without our wonderful coaches and volunteers. They make our program sing and thrive and we are forever grateful to them for sharing their time and talents with our athletes.

We are hosting a Volunteer/Coaches Training on Sunday, April 6th. It will feature guest speaker Lisa Drennan from Merge Consulting presenting: Empowering Inclusion: Practical Strategies to Support & Engage All Abilities. This training will include First Aid/CPR for those who wish to complete the course as well as volunteer swag and a BBQ lunch.

One major joy of spring in New England is always the Boston Marathon. This year, Athletes Unlimited mom and co-director of our kid's triathlon, Kelly Schultz, is running the Boston Marathon in support of our program. She is joined by Delaney Benison who has a passion for running and giving back to others. Please consider supporting either of their runs and/or lining the race course on Patriot's Day to cheer them on.

We hope you will join one or many of our programs this season. Come spring into action with Athletes Unlimited.



We cherish our partnership with Fessenden, which began in the '70s. Ethan Thomas, and Fessenden student, Jack Flynn, enjoyed our ice-skating program this winter.



BROTHERLY LOVE – Lincoln and Forrest Beard celebrate Valentine's Day with Athletes Unlimited.

FIND US AT:

Mark Kelly mkelly@newtonma.gov • 617-796-1527
Miranda Morse mmorse@newtonma.gov • 617-796-1538
Website: newtonathletesunlimited.org
Volunteer Information: athletesunlimited.volunteerhub.com
Facebook Page: www.facebook.com/NewtonAthletesUnlimited
Instagram: NewtonAthletesUnlimited
YouTube: NewtonAthletesUnlimited
Online Registration: newtonma.myrec.com

Thank You Annual Fund Supporters

*Newton Athletes Unlimited
was overwhelmed by the
kindness and generosity of
this year's supporters.
You are truly game
changers in the lives of
our athletes and help our
program shine brightly
throughout the year.*



SPRING CARNIVAL!

Presented by the Jaffe Family

Sunday, June 1 • 12:30pm - 2:30pm
Auburndale Cove

Carnival Booths & Games
Inflatables & Sports Activities
Dunk Tank

What Makes You Happy Art Activity
Hamburgers, Hot Dogs,
Cotton Candy, Cabot's Ice Cream



Parking Lot Across from 104 West Pine Street, Auburndale, MA 02466
Step right up to this free event that will be fun for all!

Zumba • Yoga • Bowling & Baseball • Soccer



Zumba

Get your dance moves ready, Zumba is back in action! Join Judi for a fun, energetic workout while showing off your moves. No dance experience necessary. Please bring a water bottle.

When: Mondays, 6:15pm – 7:00pm
Location: Zervas School, 30 Beethoven Ave. 02468
Dates: March 31, April 7, 14, (No Program April 21), 28, May 5, 12, 19
Ages: 13 & up
Cost: \$50 Resident/\$60 Non-Resident

Yoga



Yoga in our living rooms was great this past winter, but we're excited to be back in person this Spring! Sarah is ready to lead us in various yoga techniques, helping us de-stress while building confidence, strength, and flexibility. Please bring a water bottle and your yoga mat or towel.

When: Mondays, 7:00pm – 7:45pm
Location: Zervas School, 30 Beethoven Ave. 02468
Dates: March 31, April 7, 14, (No Program April 21), 28, May 5, 12, 19
Ages: 13 & up
Cost: \$50 Resident/\$60 Non-Resident

Tigers Bowling and Baseball



It's Strike season for Tigers! First up is bowling, followed by baseball. Please bring water and your baseball glove. If there's inclement weather during baseball, we'll head inside for some floor hockey so please bring sneakers as well.

When: 10:00am – 11:00am (Bowling)
10:00am – 11:30am (Baseball)
Location: Needham Bowlway,
16 Chestnut Street, Needham
Emerson Community Center
45 Pettee St. Newton Upper Falls
Ages: 22-37
Cost: \$50 Resident/\$60 Non-Resident
Dates: Bowling March 22, 29, April 5, 12, 19, 26
Baseball May 3, 10, 17 (No Program May 24) 31, June 7, 14/tentative tournament



Hooligans Spring Soccer

Coach Ashley will be back with our Hooligans this Spring! We're excited for another fun 6-week session of soccer. Please bring a water bottle.

When: Sundays, 10:30am – 12:00pm
Location: Emerson Community Center
45 Pettee St. Newton Upper Falls
Dates: April 27, May 4, 11, 18
(No program May 25), June 1, 8
Ages: 18 & Up
Cost: \$50 Resident/\$60 Non-Resident



REGISTRATION IS IMPORTANT

Please register prior to coming to programs or call to find out if space is available. Programs fill quickly and we do not want you to miss out! Register by mail or online at:

newtonmarec.com

Baseball • Track/Walking • Swim • Weight Training



Challenger Baseball

Challenger Buddies will be helping our youth baseball athletes learn the fundamentals of baseball. Join us out on the field this spring!

- When:** Saturdays, 9:00am – 10:00am
Location: Emerson Community Center Field
45 Pettee St. Newton Upper Falls
Dates: May 3, 10, 17 (No program May 24), 31, June 7, 14
Ages: 6-15
Cost: \$50 Resident/\$60 Non-Resident



Track Training/Walking Club

Time to get your steps in! Run, walk, talk, laugh, and maybe even dance your way around the track this spring with fellow AU Athletes and Volunteers! We'll start the season at the indoor track, and hopefully move outdoors once it gets warmer. Please wear comfortable clothes and sneakers and bring a water bottle. We are planning to attend Special Olympic competitions this spring. If you wish to participate, you must have an updated Special Olympic Medical form completed by May 1st.

- When:** Tuesdays, 7:00pm – 8:00pm
Location: Newton North High School
457 Walnut Street 02460
Dates: March 25, April 1, 8, 15 (No program April 22), 29, May 6, 13, 20, 27, June 3
Ages: 16 & Up
Cost: \$50 Resident/\$60 Non-Resident

SCHOLARSHIPS AVAILABLE

No one will be denied access to programs if they cannot pay. Scholarships are available from Athletes Unlimited. Call or email Mark Kelly at 617.796.1527 or mkelly@newtonma.gov.



Newton Swim Team

Breaststrokes, backstrokes, and freestyles abound as our swimmers prepare for potentially competing in Special Olympics events. This program is for athletes who are independent swimmers, swimming laps and working on various skills in the water. Please bring a swimsuit, towel, and goggles if you have them. We are planning to attend Special Olympic competitions this spring. If you wish to participate, you must have an updated Special Olympic Medical form completed by April 18th.

- When:** Tuesdays, 8:00pm – 9:00pm
Location: Newton North High School
457 Walnut Street 02460
Dates: March 25, April 1, 8, 15 (No program April 22), 29, May 6, 13, 20, 27, June 3
Ages: 16 & Up
Cost: \$50 Resident/\$60 Non-Resident

Weight Training



It's time to get fit with Coach Mike! This program will help you learn proper weight training techniques to strengthen your muscles effectively. Please wear sneakers, comfortable clothes, and bring a water bottle. We are planning to attend Special Olympic competitions this spring. If you wish to participate, you must have an updated Special Olympic Medical form completed by May 1st.

- When:** Tuesdays, 7:00pm – 8:00pm
Location: Newton North High School
457 Walnut Street 02460
Dates: March 25
April 1, 8, 15 (No program April 22), 29
May 6, 13, 20, 27, June 3
Ages: 18 & Up
Cost: \$50 Resident/\$60 Non-Resident

Tennis • Track • Crafts • Spotlight • Movie • Dance



Tennis

Tennis is back, and at a whole **new** location! More space for more fun! We'll focus on every aspect of tennis, so come join us at this 5-week program and learn all about this great game. Please wear sneakers, comfortable clothes, and bring a water bottle. Session B players will have the opportunity to go to Special Olympic competitions. Anyone

who wants to participate must have an updated Special Olympic Medical form completed by May 1st.

When: Wednesdays

NEW LOCATION: Warren/McGrath Courts

1600 Washington Street, Newton MA

Dates: April 30, May 14, 21, 28

(No program May 7), June 4th

Session A: Youth ages 6-15, 5:00pm – 5:45pm

Session B: Adult ages 16 & Up, 5:45pm – 6:45pm

Cost: \$50 Resident/\$60 Non-Resident

Youth Track



Coach Dan will be back in action on the track this spring! We'll have a great time on Sunday nights working on our track skills such as running or walking, practicing with the relay baton, and maybe even finishing off practice with a little Cha-Cha Slide dance party! Come join the fun and make new friends this spring! Please wear sneakers, comfortable clothes, and bring a water bottle.

When: Sundays, 5:00pm – 6:00pm

Location: Newton North High School

Outdoor Track, Parking on Elm Road

Dates: April 27, May 4, 11, 19 (No program
May 25), June 1, 8

Ages: 6-15

Cost: \$50 Resident/\$60 Non-Resident

Crafting Night



We're excited to connect once again with Tracy from Knot and Purl for a one-night crafting event this Spring! Join us for a night of art and creativity with friends!

When: Wednesday, April 16th, 6:30pm – 7:30pm

Location: Newton North High School

Ages: 13 & Up

Cost: \$20 Resident/\$30 Non-Resident

Let's Share the Spotlight



The Spotlighters are back and ready for a colorful spring! This session's theme is "Rainbow Connection".

Athletes will join director Laura and our volunteers to sing some well-known songs which emphasize color in the lyrics.

When: Thursdays, 6:30pm – 7:45pm

Location: Zervas School Cafetorium

30 Beethoven Ave 02468

Dates: March 27, April 3, 10, 17 (No program

April 24), May 1, 8, 15, 22,

(Performance at 7:30pm)

Ages: 18 & Up

Cost: \$60 Resident/\$70 Non-Resident



ATHLETES UNLIMITED

LEGENDS

Legends Movie Night

Join us for a movie and popcorn this Spring for our next Legend-ary event. Wear PJs if you wish, and feel free to bring a blanket/pillow! Popcorn and drinks will be available while we watch the Disney Pixar movie – Up.

When: Thursday, June 12th, 6:30pm– 8:30pm

Location: Zervas School Cafetorium

30 Beethoven Ave 02468

Ages: 45 & Up

Cost: \$10 Resident/\$10 Non-Resident

Pajamas & Pancakes Dance



New this spring! Put on your cozy PJs, come enjoy some pancakes (and fun toppings!), and dance the night away with all your friends!

When: Friday, April 11th, 6:30pm – 8:00pm

Location: Hibernian Hall,

151 Watertown St., Watertown, MA

Ages: 5 & Up

Cost: \$10 Resident/\$10 Non-Resident



ATHLETES
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NEWTON

AWARDS CEREMONY
CELEBRATING ATHLETES, COACHES, VOLUNTEERS & FAMILIES

BLACK & GOLD
Gala

Wednesday, May 7, 2025
6:00pm-9:00pm

AMERICAN LEGION POST 440
295 CALIFORNIA STREET, NEWTON

DANCING • AWARDS • PHOTO BOOTH
RAFFLES • SILENT AUCTION

FINGER SANDWICHES • CHICKEN FINGERS • CAESAR SALAD • FRUIT
CABOT'S SUNDAES & CAKE

INVITATIONS WILL GO IN THE MAIL IN APRIL
DRESS UP • BLACK & GOLD ATTIRE ENCOURAGED

Newton Parks, Recreation & Culture • Therapeutic Recreation

Spring 2025 Program Registration Form

(Please write clearly in pen)

Name _____ Date of Birth _____ Age _____

Address _____

Home Phone _____ Participant Cell Phone _____

Parent Phone _____ Group Residence Phone _____

Parent Email _____ Participant Email _____

Group Residence Email _____

Programs	Ages	Resident	Non-Resident	Check Off
1. Zumba	13 & Up	\$50	\$60	1. _____
2. Yoga	13 & Up	\$50	\$60	2. _____
3. Tigers Bowling/Baseball	23 – 38	\$50	\$60	3. _____
4. Hooligans Soccer	18 & Up	\$50	\$60	4. _____
5. Challenger Baseball	6 – 15	\$50	\$60	5. _____
6. Tennis (A – Youth)	6 – 15	\$50	\$60	6. _____
7. Tennis (B – Adult)	16 & Up	\$50	\$60	7. _____
8. Track Training	16 & Up	\$50	\$60	8. _____
9. Weight Training	18 & Up	\$50	\$60	9. _____
10. Swim Team	16 & Up	\$50	\$60	10. _____
11. Let's Share the Spotlight	18 & Up	\$60	\$70	11. _____
12. Youth Track	6 – 15	\$50	\$60	12. _____
13. Spring Carnival	All Ages	Free	Free	13. _____
14. Crafting Night	13 & Up	\$20	\$30	14. _____
15. Pajamas & Pancakes Dance	5 & Up	\$10	\$10	15. _____
16. Legends Movie	45 & Up	\$10	\$10	16. _____

Total Amount of Check Enclosed \$ _____

Make all checks payable to: CITY OF NEWTON

Mail registration forms and payment to: Newton Parks, Recreation & Culture, 246 Dudley Road Newton, MA 02459
or go to newtonma.myrec.com and register online.

CONSENT FORM

Parental Consent, Release from Liability and Indemnity for Newton Parks and Recreation Special Needs Program

I/we, the undersigned father and mother, or guardian(s) of _____, a minor, do hereby consent to his/her participation in the Therapeutic Recreation Program of the Newton Parks & Recreation Department. I/we forever RELEASE, acquit, discharge and covenant to hold harmless the City of Newton, a municipal corporation of the Commonwealth of Massachusetts, and its successors, departments, officers, employees, servants and agents, of and from any and all actions, causes of actions, claims, demands, damages, costs, loss of services, expenses and compensation on account of, or in any way growing out of, directly or indirectly, all known and unknown personal injuries or property damages which I/we may now or hereafter have as the parent(s) or guardian(s) of said minor, and also all claims or rights of actions or damages which said minor has or hereafter may acquire, either before or after his/her participation in Therapeutic Recreation Program. FURTHERMORE, I/we hereby agree to protect the City of Newton and its successors, departments, officers, employees, servants and agents against any and all claims for damages, compensation or otherwise on the part of said minor growing out of or resulting from injury to said minor in connection with his/her participation in the Therapeutic Recreation Program and to INDEMNIFY, reimburse or make good to the City of Newton or its successors, departments, officers, employees, servants and agents any loss or damage or cost, including attorney's fees, the City of Newton or its representatives may have to pay if any litigations arise from said minor's participation in and field trips with, the said Therapeutic Recreation Program.

SIGNATURE PARENT/GUARDIAN

RELATIONSHIP

DATE

Photo Release: For all participants in any program. Permission is given for my child's picture to be taken with the possibility of being published, reproduced or otherwise used for publicity, educational or other purposes. Yes _____ No _____

Medical Information Sheet

(Please write clearly in pen)

Medical Diagnosis _____

Primary Care Physician _____

Known allergies to food _____

Known allergies to medicine _____

Does Participant have seizures? Yes ____ No ____ If yes, how often? _____

What type? _____

Date of last seizure _____

Emergency Contact Name _____

Telephone _____

List all medications participant is taking below:

Please note: Data provided on this form is for information purposes only. In the event of an emergency this form will be given to medical personnel. Newton Parks, Recreation & Culture Department is **not authorized** to administer any medications.

Medication	Time	Dosage

Spring 2025 Calendar



March

S	M	T	W	T	F	S
23	24	25 Track Weight Training Swim	26	27 Spotlighters	28	29 Tigers Bowling
30	31 Zumba Yoga					

April

S	M	T	W	T	F	S
		1 Track Weight Training Swim	2	3 Spotlighters	4	5 Tigers Bowling
6 AU Volunteer & Coach Training	7 Zumba Yoga	8 Track Weight Training Swim	9	10 Spotlighters	11 Pancakes & PJs Dance	12 Passover Starts Tigers Bowling
13	14 Zumba Yoga	15 Track Weight Training Swim	16 Crafting	17 Spotlighters	18	19 Tigers Bowling
20 Easter	21 Patriot's Day Boston Marathon Go Kelly Schultz & Delaney Benison	22	23	24	25	26 Tigers Bowling
27 Hooligans Soccer Youth Track	28 Zumba Yoga	29 Track Weight Training Swim	30 Tennis			

May

S	M	T	W	T	F	S
				1 Spotlighters	2	3 Tigers Baseball Challengers Baseball
4 Hooligans Soccer Youth Track SO Swim Meet	5 Zumba Yoga	6 Track Weight Training Swim	7 Black & Gold Gala Awards Ceremony	8 Spotlighters	9	10 Tigers Baseball Challengers Baseball
11 Mother's Day Hooligans Soccer Youth Track	12 Zumba Yoga	13 Track Weight Training Swim	14 Tennis	15 Spotlighters	16	17 Tigers Baseball Challengers Baseball
18 Hooligans Soccer Youth Track SO Track Meet Milton	19 Zumba Yoga	20 Track Weight Training Swim	21 Tennis	22 Spotlighters Performance @ 7:30pm	23	24
25	26 Memorial Day	27 Track Weight Training Swim	28 Tennis	29	30	31 Tigers Baseball Challengers Baseball



Spring 2025 Calendar

June

S	M	T	W	T	F	S
1 Spring Carnival Hooligans Soccer Youth Track	2	3 Track Weight Training Swim	4 Tennis	5	6	7 Special Olympics Summer Games Challengers Baseball Tigers Baseball
8 Special Olympics Summer Games Hooligans Soccer Youth Track	9	10	11	12 Legends Movie Night	13	14 Challengers Baseball Tigers NESN Tournament
15 Father's Day	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30 Camp Echo Bridge Starts					

2025 Newton Athletes Unlimited Boston Marathon Team



Kelly & Delaney are working extremely hard preparing for the 129th running of the Boston Marathon while raising funds for our athletes.

Thank you for considering supporting their efforts.

Kelly Schultz

<https://www.givengain.com/project/kelly-raising-funds-for-newton-athletes-unlimited-90790>

Delaney Benison

<https://www.givengain.com/project/delaney-raising-funds-for-newton-athletes-unlimited-91498>





ATHLETES
UNLIMITED
NEWTON

VOLUNTEER TRAINING



Join us for our 2025 Volunteer/Coaches Training, featuring guest speaker Lisa Drennan from MERGE Consulting. First Aid/CPR Training will also be provided for those who wish to complete this course. Please register as soon as possible by using the QR Code:



Date: Sunday, April 6, 2025
Where: Zervas Elementary School
30 Beethoven Ave, Waban, MA 02468
Times: 8:30-10:30am - *First Aid/CPR*
10:45am-12:00pm - *Empowering Inclusion: Practical Strategies to Support & Engage All Abilities*
12:00-12:30 - Lunch/Gifts

[Contact Us](#)

[617-796-1538](tel:617-796-1538)

mmorse@newtonma.gov

SAVE THE DATES: Schultz Family Triathlon • Thursday, July 17
Cornhole Classic • Thursday, July 31 | Paddy's Road Race • Sunday, October 19th